



KRUPANIDHI GROUP OF INSTITUTIONS
(AICTE Approved | ISO 9001-2015 Certified)

Report for

Value Added Course

LIFESTYLE MANAGEMENT

For the Academic Year

2016 - 2017

KRUPANIDHI GROUP OF INSTITUTIONS

12/1, Chikka Bellandur, Carmelaram Post Varthur Hobli,
Off Sarjapur Rd, Bengaluru, Karnataka 560035



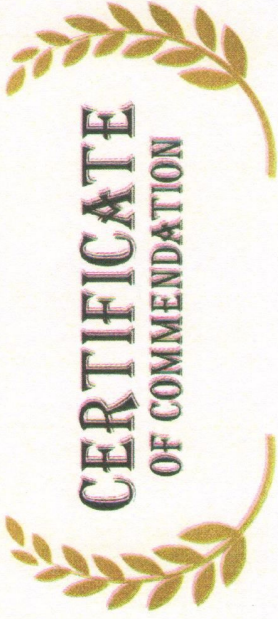
Pranish
Principal

Krupanidhi Group of Institutions
12/1 Chikkabellandur Village,
Carmelaram Road Post Varthur Hobli
Bangalore - 560 035



KRUPANIDHI GROUP OF INSTITUTIONS

(Dept. of Management Studies)



CERTIFICATE OF COMMENDATION

The Krupanidhi Group of Institutions Congratulates Deepthi R
for attending the Value Added Program on Lifestyle Management
conducted from 16-17 by the Resource Mentor M.S. Alivakula Jha

Best wishes for your future endeavours!




Convener


Director


Principal

Krupanidhi Group of Institutions
12/1 Chikkabellandur Village,
Carmelaram Road Post Varthur Hobli
Bangalore - 560 035

KRUPANIDHI GROUP OF INSTITUTIONS

12/1, Chikka Bellandur, Carmelaram Post, Bangalore-560035

13.10.2016

CIRCULAR

Department of MBA & MCA have planned to conduct Lifestyle Management Add-on course for all students. This course is scheduled from Oct 17th 2016 to Oct 21st 2016 for 30 hours duration. The timings are 9 am to 4.30 pm from Monday to Friday and on oct 22nd 2016 Saturday exam will be conducted from 10 am to 12.30 pm. Interested students can give your name to the class coordinator on or before 14.10.2016. All registered students should attend all classes without fail.



Fr

V. Rama
Principal

Principal

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KRUPANIDHI GROUP OF INSTITUTION

SYLLABUS

LIFESTYLE MANAGEMENT

2016-2017

MODULE 1: Modern Lifestyle and its consequences

6 Hours

Lifestyle in present scenario, challenges related to present day lifestyle, strategies to overcome these challenges

MODULE 2: Stress and Health Management

5 Hours

Stress and its signs, impact of stress on mind and body, How to prevent, cope and relieve stress - techniques to handle stress, strategies to handle stress

MODULE 3: Dietary Management

6 Hours

Concept of diet, importance of diet for healthy mind and body, dietary management for students, diet planning for healthy body and mind

MODULE 4: Yoga and Health Management

5 Hours

Concept of yoga- evolution, basic fundamentals, yoga vs. gym, importance of yoga for students, yoga for managing health, anxiety and depression

MODULE 5: Yoga practices for daily life

8 Hours

Standing posture, squatting and sitting postures, lying postures



Praveesh
Principal

Krupanidhi Group of Institutions
12/1 Chikkabellandur Village,
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Bangalore - 560 035

KRUPANIDHI GROUP OF INSTITUTIONS
CERTIFICATE / VALUE-ADDED COURSE REPORT

Date: 22.10.2016

1. Name of the Program : Lifestyle Management
2. Program Start Date : 17.10.2016
3. Program End Date : 21.10.2016
4. Total Duration of the Program : 30 hrs
5. No. of Students Enrolled : 260
6. Course Co-Ordinator of the Program : Ms. Nivedita Jha
7. No. of Unit Exams Conducted : 2
8. Date of the Final Examination : 22.10.2016
9. Maximum Marks for Final Exam : 50
10. Eligibility for Certificate : 50%
- 11 Total number of Students Eligible for Certificate: 201

Course Co-Ordinator



Fr *V. Kamg.*
Director

Principal
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